

Nourish

Registration for the Five to Thrive Challenge opens August 14!



Discover how delicious fruits and veggies can be during Well Wisconsin's Five to Thrive nutrition challenge! Just track the fruits and veggies you eat for 21 of 28 days between **August 28 and September 24**. Completing this challenge fulfills the well-being activity in the Well Wisconsin program. Complete the Health Assessment and a health check, too, to earn \$150.

Five to Thrive **registration opens August 14**. Register before September 4 at webmdhealth.com/wellwisconsin.

Get extra support from a coach!

"I am pleased with my progress in maintaining nutritional habits that are good for my body. Thank you, Well Wisconsin!"

- Well Wisconsin coaching participant

Stay on track toward your healthy eating goals during the challenge and beyond! Connect with a WebMD health coach today at **800-821-6591**.

*The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.



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